

2017 SOMERTON HONEY SHOW RECIPES

Honey and Banana Teabread – CLASS 26

225g (8oz) self-raising flour	grated rind of 1 lemon	2 eggs
¼ level tsp (2g) freshly grated nutmeg	100g (4oz) butter/margarine	100g (4oz) caster sugar
6 tablespoons of HONEY	225g (8oz) peeled and mashed bananas	100g (4oz) sultanas

Method:

Pre-heat oven to 160°C / 325°F / gas mark 3. Grease a 2lb loaf tin and line the base.

Place the flour, nutmeg and butter into a large bowl and rub together to form fine breadcrumbs.

Add the mashed banana, sugar, lemon rind, eggs and HONEY into the flour mixture and beat until well combined. Stir in the sultanas.

Place into the prepared tin and level the surface. Bake in pre-heated oven for 1¼ hours.

Honey Cake (Gluten free) – CLASS 27

300g (12oz) unsalted butter	2 tsp xanthan gum	250g (10oz) caster sugar
150g (6oz) ground almonds	150g (6oz) rice flour	50g (2oz) flaked almonds
4 medium eggs	4 tablespoons of HONEY	2 tsp baking powder (gluten free)

Equipment:

23cm springform cake tin, or a 20cm square loose-bottomed tin, lightly greased and base lined with baking parchment.

Method:

Preheat the oven to 170°C/Gas Mark 3. Beat the butter to a cream, add the sugar and beat thoroughly until light and fluffy. Beat in the eggs, one at a time, adding a spoonful of the flour with each egg.

Combine the remaining flour with the baking powder and xanthan gum and sift into the bowl. Carefully fold into the mixture and stir in the ground almonds until evenly mixed.

Spoon the mixture into the prepared tin, spreading evenly, then scatter over the flaked almonds. Bake for 45 minutes, until springy to the touch and a skewer comes out clean.

On removing from the oven, trickle the honey over the surface so that it soaks into the hot cake. Leave in the tin for half an hour before turning out and placing on a wire rack to cool completely.

This cake is best kept for a day or two before eating. It keeps well for at least a week, stored in an airtight tin.

Honey Crunch Biscuits – CLASS 28

50g (2oz) butter/margarine	50g (2oz) plain flour	1 tablespoon of HONEY
75g (3oz) rolled oats	¼ tsp bicarbonate of soda	50g (2oz) granulated sugar

Method:

Melt butter and honey together, take off heat and add bicarbonate of soda. In a bowl put flour, oats and sugar, mix in the liquid mixture and allow it to cool slightly. Put knobs of mixture on a baking tray and flatten slightly. Bake at 170–180°C / 325–350°F / gas mark 4 for approximately 20 minutes or until firm and golden.

Note. There is enough mixture to produce 8 biscuits select best 6 for showing. (Eat the other two!)

Honey Fudge – CLASS 29

900g (2lb) granulated sugar	300ml (½ pint) milk	100g (4oz) clear HONEY
100g (4oz) butter	½ tsp salt	

Method:

Soak the sugar in the milk for approximately one hour, stirring occasionally. Use a 20cm (8") by 18cm (7") saucepan and slightly melt the butter to grease the pan. Add all the ingredients and bring to the boil. Boil rapidly for 5–7 minutes stirring all the time. The mixture must reach 115°C (240°F). Take off the heat and cool slightly and beat until creamy. Turn into a greased Swiss roll tin. Mark when cold and break into squares. Recipe makes just over one kilo, (two and a half pounds). Select best pieces for the Show (110g / 4oz) and eat the rest!

This recipe produces a generous amount of delicious honey fudge. It is possible to produce half quantity to produce enough for the Honey Show alone!

1lb Honey Cob Loaf – CLASS 30

225g (8oz) strong white flour
½ salt
1 tablespoon of oil of choice (olive, sunflower, etc.)

2 tablespoons HONEY
250ml (9 fl oz) water

225g (8oz) strong wholemeal flour
1 tsp (8g) yeast

Method:

Mix flour, water, oil, honey, salt and yeast to a silky smooth consistency. Place dough in a lightly oiled bowl and cover with a damp cloth or oiled cling film. Leave in a warm cupboard until double in size (approx 1 hour). Knock the dough back, on a floured surface and shape into a ball. Then once again place in a lightly oiled bowl and cover with a damp cloth or oiled cling film and place in a warm cupboard until doubled in size (approx 1 hour). Place on a floured baking sheet and bake for 40 minutes in a moderate oven (approx 180°C / 350°F / gas mark 4). Glaze the loaf with honey and water (50/50) approx 5 minutes before removing from the oven.

The kneading and initial proving can be done mechanically, but the loaf must be baked as a 'free form' loaf on a baking sheet in an oven. The loaf may be decoratively scored, but should not contain seeds or be topped with anything other than the glaze.

Somerton Honey Cake – CLASS 31

225g (8oz) unsalted butter
250g (9oz) clear HONEY plus 30mls extra to glaze
100g (4oz) dark muscovado sugar
3 large eggs beaten
300g (11oz) self-raising flour
125g (4½oz) sultanas
50g (2oz) chopped pecan nuts

Oven temp fan 140c/conventional 160c/ Gas 3
Butter and line 20cm loose bottom cake tin

Method:

Cut the butter into small pieces and put in a medium saucepan with the honey and sugar. Melt slowly over a low heat. When mixture is liquid increase the heat and boil for 1 minute. Leave to cool for about 20mins.

Beat the eggs into the melted honey mixture. Sift flour into honey and egg mixture and beat until smooth. Then add sultanas and pecan nuts mixing evenly through the mixture.

Pour the mixture into the prepared tin. Bake for about 1hr 15mins – test with skewer by inserting into centre and when removed is clean.

Remove cake from tin on to a wire rack. Warm the remaining honey and brush over top of cake. Leave to cool. Can be kept wrapped for 4–5 days.

Honey Delights (Children's Class) – CLASS 56

115g (4oz) margarine
225g (8oz) self-raising flour
55g (2oz) sugar
grated rind and juice of one lemon
65g (3 tablespoons) HONEY
1 large egg – beaten

Method:

Rub the margarine into the flour and sugar. Add the lemon rind, lemon juice, HONEY and beaten egg. Bake in paper cases for 15–20 minutes in a moderate oven (approx 180°C / 350°F / gas mark 4). When cold, decorate with a bee theme, then select 4 for the show and eat the rest!